

# Effects of Cognitive Restructuring Therapy on Achievement Goal Orientation of Schooling Adolescents

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**Abstract.** Contemporary effort at behaviour modification is targeted at changing negative and faulty cognitions, this study therefore sought to find out the effects a psychological intervention such as cognitive restructuring therapy would have on achievement goal orientations of secondary school students in Bayelsa State, Nigeria. To investigate this, a non-randomised control group pre-test and post-test quasi-experimental research design was implored. The sample of the study consisted of 109 Senior Secondary Class2 (SS2) students drawn from 4 secondary schools from two educational zones in Bayelsa State. Two schools were randomly selected from each educational zone and an intact class was selected from each school. Simple random sampling was used to determine the schools to serve as experimental and control groups. A research instrument namely; Achievement Goal Orientation Questionnaire (AGOQ) was used for data collection. This was administered as pre-test and post-test. Cognitive Restructuring therapy (CRT) was administered as treatment and this lasted for 8-weeks. The data collected were analysed, using means to answer the research questions and ANCOVA to test the hypotheses at 0.05 level of significance. The result showed that CRT was effective in reducing negative goal orientations of students while positive goal orientation scores were increased. These changes were all significant. Based on these findings, it was recommended amongst others that CRT be adopted in secondary schools to modify negative cognitions and behaviours of students.